

TELEVISION. BOTANY VS. THE ATOM BOMB

WATCH ACTRESS OLIVIA WILLIAMS IN 'MANHATTAN.' PAGE 15

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PAINT, DRINK AND BE MERRY

Arts. At Paint Nite, young New Yorkers come together to awaken their muse with a mixture of alcohol and a love of painting. The budding artists meet up at local bars in the city to mingle, share some laughs and come up with their own booze-soaked Picassos PAGE 02

Heather Twible and Carolyn Leonard participate in Paint Nite in the Lower East Side on Monday night. / BESS ADLER, METRO

Flag stunt on bridge no laughing matter

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Woody Allen makes 'Magic' to ease ennui

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NYMF: See it before it's tapped for Broadway

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Swimming in cash? Land a pad with a pool

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Two ways to wrangle tangled technology

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What are the top stories at Jets camp?

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Today's tweet

"Constantly amazed at how many US sitcoms feature white unemployed or lowly paid people living in affordable housing in New York City."

@MKPS001



Top 3

What's trending online at Metro.us

1 Sheryl Crow: Better to have 3 broken engagements than 3 divorces'

2 Video: Pro-Russia WWE wrestling manager uses Malaysia Airlines Flight MH17 in storyline'

3 Justin Bieber's bucket hat: What's up with that?'

Paint Nite: Drink booze and paint a masterpiece

Manhattan. A popular painting class mixes alcohol and paints at a bar.

At the beginning of a painting class on the Lower East Side earlier this week, our instructor issued a warning:

"As the night goes on, it's a lot easier to mix up your water cup and your drink cup," cautioned Maura Jacobs, 24, "or to dip your dirty paintbrush into your actual drink. [I] don't want to scare anyone, but it happens a lot."

During Paint Nite events, where we're supposed to "drink creatively," local artists like Jacobs help tipsy pupils fill a blank canvas to mixed results. That night, Jacobs would walk us through "The Cove," a painting she designed for the class featuring a bright yellow moon and dark sea.

Most of us hadn't held a paintbrush since elementary school. But that was OK — there were happy hour specials.

"If at any point you feel a little bit nervous or a little sensitive about what you're doing or what your painting looks like, take a drink," Jacobs instructed. "I'm not kidding — it's kind of our only rule."

While drinking is not required, Paint Nite encourages participants to have fun. The classes are designed for students to enjoy themselves with the hope they might continue their art education, explained co-founder Sean McGrail.

"There's not enough



The painting class gives people a chance to do something creative while drinking. / PHOTOS BESS ADLER, METRO



The fearless reporter Anna Sanders begins work on her painting.



A list of Paint Nite events can be found at www.paintnite.com

opportunities for people to paint after they reach a certain age," McGrail said. And



Visit Metro.us to see more photos from the Paint Nite event.

the drinking, he said, is an incentive.

Jacobs, who has experience teaching art to children, said Paint Nite classes are comparable because of the laid-back atmosphere and, of course, the alcohol.

"I think the drinking makes them a lot more comfortable," she said of her stupefied students.

It worked. After four cocktails, I felt like Picasso.

While I streaked some purple onto the canvas

and sipped my third drink — a jalapeno margarita — Jacobs came over and asked how things were going.

"I'm not going to lie," I said, pointing at my masterpiece, "this looks damn good."

One of my classmates, Rebecca Nazario, agreed that drinking increased her confidence.

"It makes you feel a little less afraid of making mistakes," said Nazario, 28. Paint Nite began in Bos-

ton and came to the city in fall 2012. Right now, about 25 artists hold \$65 classes in about 75 bars in Manhattan, Brooklyn and Queens.

Most of my class enjoyed themselves. And despite the drinks, the paintings didn't look half bad.

"This was fun," student Camilla Dornquist said. "I normally hate art."



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Analysis

My Critique

Paint Nite is all about encouraging creativity, not mastering the craft. When asked about my painting, Jacobs gave a supportive critique.

While working on the sky in my piece, I added purple without being told to do so.

"That was wonderful," Jacobs said. "Something that not a lot of people do."

But other parts of the sky could have used some work.

"It's strongest on the outside and toward the bottom," Jacobs said.

"It's weakest in middle."

I spent a lot of time on the sea — at least a margarita's worth — and it apparently paid off.

"Your water and your mountains are definitely the best part," Jacobs said. "Your brush strokes bled together really nicely. All the colors are layered on top of each other, everything looks cohesive."

New York. Mysterious white flags fly over Brooklyn Bridge

Two white flags appeared over the towers of the Brooklyn Bridge on Tuesday morning in place of the American flags that are a fixture of the bridge.

The American flags, measuring 20 feet by 11 feet, that had been bleached white flew over the Brooklyn Bridge, leaving police officials

and the public perplexed. By 1 p.m., the flags were removed.

According to the NYPD, at 3:30 a.m. the light that illuminates the flag over the Brooklyn side of the bridge went out. Twelve minutes later, the light over the Manhattan tower also went out and later the white flags, the universal

symbol of surrender, were discovered.

"We don't take these things lightly," said John Miller, deputy commissioner, intelligence and counterterrorism for the city. "We don't look at it as a joke, as art or a form of speech." However he dismissed any connections to terrorism.

If caught, the suspects face charges of criminal trespass, malicious mischief and reckless endangerment.

Brooklyn Borough President Eric Adams was incensed. "If flying a white flag atop the Brooklyn Bridge is someone's idea of a joke, I'm not laughing," he said. **SAMAR KHURSHID**



A white flag flying over the Brooklyn Bridge.

COUNCILMAN MARK WEPRIN, TWITTER

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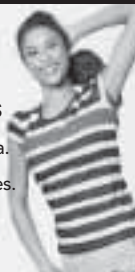
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Queens

Robber makes 90-year-old drive to ATM

Police are looking for a robber they said grabbed an elderly man by the neck outside of a Queens supermarket, stole his wallet and made him drive to two ATMs for withdrawals.

The 90-year-old man was leaving a Stop and Shop on Friday morning when he was accosted, the NYPD said.

The robber demanded the man's PIN number and forced him to drive to the ATMs so he could withdraw cash, police said.

ANNA SANDERS



Rikers Island

Cops catch man released early from jail

Kimmanie Waisome, 23, walked into Rikers' Eric M. Taylor Center on June 12 with second-degree attempted robbery and fourth-degree weapon possession charges.

By July 15, he was out — albeit unintentionally. The New York Daily News reported on Monday that Waisome was let go from the jail a full year before he was slated to be released.

Two corrections officers were reportedly suspended after the bureaucratic blunder, and a supervising captain might face disciplinary action.

On Tuesday afternoon, the NYPD traced Waisome to a residence in Jamaica, Queens, where he was apprehended.

CHESTER JESUS SORIA

Religious leaders decry anti-Muslim violence

Bay Ridge. A unity meeting took place Tuesday to denounce incidents toward Muslims.

Religious leaders gathered in Brooklyn on Tuesday to push back on what they described as hateful acts against Muslim residents.

As Ramadan nears an end, residents were dismayed on Saturday when three young men circled a city block with flashing lights, blaring horns and waving Israeli flags as worshippers arrived for morning prayers at 4 a.m.

The dustup is the latest in a series of reported bias crimes toward Brooklyn's Muslim community being investigated by NYPD's Hate Crimes Task Force.

In early July, residents along Ocean Parkway



Rabbi Valerie Lieber of the Kane Street Synagogue speaks at the interfaith gathering. / CHESTER JESUS SORIA, METRO

Feeling safe

It's like a home, and it's very basic and natural when your home is attacked. You feel very unsafe and insecure."

Manaf Abdul

found anti-Muslim graffiti along the street. Last Friday evening, three Muslim men in Coney Island were pelted with eggs and insults as they walked to the Thayba Islamic Center.

Manaf Abdul, 38, of the Thayba Islamic Center said the community is apprehensive. "The community is mainly concerned about

its safety," he said.

Police apprehended three suspects in the car Sunday after they stopped in front of the religious center, prompting leaders of faith to apologize to the Bay Ridge group.

"It makes me very deeply sad that anyone would behave in a harassing way to someone else's worship," Rabbi Valerie Lieber of the Kane Street Synagogue said. "And it makes me especially sad that it was Jews who were doing this."

Lieber said the situation in Gaza has heightened tensions.

"I know many people are very upset about what is happening in Israel and Gaza," she said. "And yet there are appropriate ways to express yourself — not to harass other people."



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JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Please read the Medication Guide on the adjacent page for more detailed information.

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Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.

- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **“What are the possible side effects of JANUVIA?”**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.

- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **“What is the most important information I should know about JANUVIA?”**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:

• headache	• irritability
• drowsiness	• hunger
• weakness	• fast heart beat
• dizziness	• sweating
• confusion	• feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **“Who should not take JANUVIA?”**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Manhattan

Judge tosses suit by Empire State Building investors

A New York state judge has thrown out a lawsuit in which investors in the Empire State Building claimed they were shortchanged out of hundreds of millions of dollars by the real estate magnates who took the skyscraper public last October.

In a decision made public on Monday, Justice O. Peter Sherwood of the New York State Supreme Court said the investors waived their right to sue Peter Malkin and his son Anthony when they agreed in May 2013 to settle claims over the building's fate for \$55 million.

The December 2013 lawsuit accused the Malkins of acting in bad faith before the IPO by aborting a "bidding war" for the property.

REUTERS



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New York. NYPD will revise training after SI chokehold death

The New York City Police Department will revise training procedures for officers following the death of Staten Island man Eric Garner.

"I anticipate there will be a retraining of every member of the New York City Police Department in the weeks, months and potential years ahead," Police Commissioner Bill Bratton told reporters on Tuesday.

The move comes after questions surfaced about how Garner was subdued. Video shows arresting officer Daniel Pantaleo wrap his arm around Garner in an apparent choke hold, which have been banned by the police handbook since 1994.

Deputy Commissioner of Training Benjamin Tucker will oversee what top cop Bratton described as a "top to bottom" review of procedures.

While the police's own

Funeral details

- A viewing for Garner is scheduled for Wednesday between 2 and 6:45 p.m. at Bethel Baptist Church in Brooklyn.
- A funeral service will follow where the Rev. Al Sharpton is expected to speak.

internal affairs department will continue looking into the case, Bratton also said the Staten Island district attorney's office launched an investigation.

Earlier, elected leaders gathered at City Hall to demand the officers involved face criminal charges.

"No more hocus-pocus, out of focus," Staten Island Councilwoman Deborah Rose said. "That video was clear — there was clearly a violation of regulations."

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Atlantic City

Manhunt on for armed bandits in \$181K heist

A manhunt was underway on Tuesday for masked bandits who reportedly stole roughly \$181,000 in

an armed robbery at Caesars Atlantic City casino in New Jersey, police said.

Police confirmed only that a robbery had taken place at the casino, a gun was used and they were seeking the perpetrators.

REUTERS



CAESARS ATLANTIC CITY

GETTY IMAGES

Long Island. Three cases of new mosquito-borne virus confirmed

Three cases of a disabling mosquito-borne virus have been confirmed in Long Island on Tuesday, according to the New York State Department of Health.

Chikungunya, a virus found in Africa, Asia and Europe, was diagnosed in three patients at North Shore University Hospital in Manhasset. All three people, unrelated, recently traveled to the Caribbean where they were exposed to mosquitoes carrying the virus.

According to the Centers for Disease Con-



Mosquito / GETTY IMAGES

trol and Prevention, the chikungunya virus was found in the Caribbean for the first time in 2013. It causes fever, acute joint pain and headaches.

Younger people can recover from the virus in weeks but with the elderly, joint pain can last months and years.

What sets chikungunya apart from West Nile is its high rate of infection, said Dr. Bruce Hirsch, an infectious disease specialist at North Shore University Hospital.

"With West Nile, 80 percent of people exposed don't show symptoms. With chikungunya, less than 10 percent would be resistant," he said.

SAMAR KHURSHID



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Wave of migrant kids threatens to swamp courts

Washington, D.C. Immigration courts are backlogged by thousands of new and ongoing cases.



The overload is rising in part because of a flood of unaccompanied minors from Honduras, Guatemala and El Salvador. / GETTY IMAGES

Migrant children

90K

Unless the flow of migrants from Central America subsides, the U.S. government estimates about 90,000 children will arrive this year, growing to 150,000 next year.

A deluge of Central American children pouring into the United States threatens to burst the seams of already overstuffed immigration courts, and President Barack Obama's steps to ease the crisis are likely to make matters worse rather than better for some, U.S. officials and immigration lawyers said.

"We are reaching a point of implosion, if we have not already reached it," said Judge Dana Leigh Marks of San Francisco, who has been deciding immigration cases since 1987.

The problem, according to judges, lawyers and immigration groups, is the sheer number of cases clogging the courts, due in part to beefed-up law enforce-

ment at the southwestern U.S. border with Mexico.

Marks, one of the 243 judges presiding over 59 immigration courts in the United States, is setting hearing dates as far off as 2018. It now typically takes three to five years for cases to clear the system, judges and lawyers said.

The court overload is rising in part because of a flood of unaccompanied minors from Honduras, Guatemala and El Salvador.

REUTERS

Premium tax credits

Courts deliver conflicting rulings on health care law

Two federal judicial panels on Tuesday delivered conflicting rulings on how the government subsidizes premiums through President Barack Obama's health care law, creating more uncertainty over signature

legislation that has been dogged by challenges from Republicans and other conservatives.

The rulings, handed down by appeals court judges in the District of Columbia and Virginia, could lead to a new showdown over Obamacare before the U.S. Supreme Court.

The cases deal with the federal government's ability to offer premium tax credits

to people who purchase insurance through the federal insurance marketplace that serves the majority of the 8 million consumers who have signed up for private coverage for 2014. REUTERS



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China food scandal spills to US chains

Shanghai. Burger King and Starbucks also used the firm that may have sent expired meat.

The latest food scandal in China is spreading fast, dragging in U.S. coffee chain Starbucks, Burger King Worldwide Inc. and others, as well as McDonald's products as far away as Japan.

McDonald's Corp. and KFC's parent Yum Brands Inc. apologized to Chinese customers on Monday after it emerged that Shanghai Hushi Food Co. Ltd., a unit of U.S.-based OSI Group LLC, had supplied expired meat to the two chains.

On Tuesday, Starbucks said some of its cafes previously sold products containing chicken originally sourced from Shang-



The regulator's Shanghai branch said in a statement on Tuesday it ordered McDonald's to seal over 4,500 boxes of suspected meat products. / GETTY IMAGES

hai Hushi, a firm that was shut down on Sunday by regulators after a TV report showed staff using expired meat and picking up meat from the floor to add to the mix.

A Tokyo-based spokes-

man at McDonald's Holdings Co. (Japan) Ltd. said the company had sourced about a fifth of its Chicken McNuggets from Shanghai Hushi and had halted sales of the product on Monday. **REUTERS**

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Train carrying Flight MH17 bodies reaches Ukraine city

Kharkiv. The remains will be flown to the Netherlands where they will be identified.

A train carrying the remains of many of the 298 victims of Malaysia Airlines Flight MH17 arrived in a Ukrainian government-held city on Tuesday on the first leg of their final journey home to be reclaimed by their families.

The train slowly rolled into the grounds of an arms industry plant, where the remains are due to be unloaded and flown to the Netherlands for the lengthy process of identification. A spokeswoman for a Dutch team of forensic experts in Kharkiv said departure was not expected before Wednesday.

By the numbers

200

Five refrigerated wagons containing 200 body bags reached the city of Kharkiv.



The train carrying the bodies arrives in the government-held Ukrainian city of Kharkiv. / GETTY IMAGES

Quoted

"Here they are, the black boxes."

Aleksander Borodai, the separatist leader told journalists at the headquarters of his self-proclaimed Donetsk People's Republic as an armed rebel placed the boxes on a desk.

A representative of the OSCE European security watchdog said there were still human remains

left where the Boeing 777 hit the ground in eastern Ukraine last Thursday. "We did not observe any recovery activity in place," spokesman Michael Bociurkiw said after his group inspected the site earlier in the day.

Western governments have threatened Russia with broader sanctions for what they say is its backing of the militia. However, they are struggling

to agree on a response, and European Union ministers meeting in Brussels on Tuesday delayed action for a few days.

Russian President Vladimir Putin said he would urge the separatists to allow a full investigation which the Netherlands said it would lead. Malaysia said it would send the black boxes to a British lab for analysis.

REUTERS

Talks. Strikes go on despite international peace efforts in Gaza

Israel pounded targets across the Gaza Strip on Tuesday, saying no cease-fire was near as top U.S. and United Nations diplomats pursued talks on halting the fighting.

Secretary of State John Kerry held discussions in neighboring Egypt, while U.N. Secretary General Ban Ki-moon met Prime Minis-

ter Benjamin Netanyahu in Tel Aviv and planned to see the Palestinian prime minister in the occupied West Bank on Wednesday.

However, there was no letup in the fighting around Gaza, with plumes of smoke in the sky, and Israeli shells raining down on the coastal Palestinian enclave. REUTERS



A picture taken from the Israeli side of the border with the Gaza Strip shows smoke billowing from the coastal Palestinian enclave following an Israeli army ground operation. / GETTY IMAGES

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Passenger safety

US airlines halt flights to Israel

U.S. air carriers Delta Air Lines, American Airlines Group and United Airlines on Tuesday halted flights to Israel under directions from the U.S. Federal Aviation Administration to ensure passenger safety as turmoil in the region has intensified.

The U.S. moves were swiftly followed by flight stoppages from Euro-

pean carriers, including Germany's Lufthansa, Air-France and Dutch airline KLM. Air Berlin, Germany's second-largest carrier, said it halted its flights through Wednesday, citing the situation on the ground in Tel Aviv. REUTERS



INSTABILITY IN THE REGION GROUNDS FLIGHTS. / GETTY IMAGES

Zoom



ESA / NASA / @ASTRO_ALEX

Elephant-astic shadows

It looks like a primitive cave drawing, but in truth it's a family of elephants etching the landscape with their incredible shadows. The looming silhouettes of the group are clearer than the animals themselves, which seem to blend into the sand below them. This aerial image was taken by photographer Marc Mol, who spotted the animals during an air safari in Zambia.

METRO WORLD NEWS

Photographer's view

"Nature's rich tapestry portrayed in shadows from the air was indeed a breathtaking experience!"

Marc Mol, 56, wildlife photographer based in Laufen, Switzerland. Mol's photos were taken from a microlight aircraft about 500 feet above Zambia's Luangwa floodplain.



OMG! Climendo, the most accurate weather forecast app

Climendo compares and combines data from 10,000 stations to give users the most precise forecast possible. The app displays a five-day forecast with six hourly weather predictions supplied by 12 providers located across the U.S. and Europe. Developed by Swedish brothers David and Jacob von Corswant, the app

has just been rereleased. "Now Climendo is able to work globally and hundreds of times better as a tool, including more places," David told Metro.

Why did you want to make a weather app? My brother and I have been surfing in Sweden for the past 20 years. We have

always looked at every available weather forecast to find the right conditions, but it was hard since different forecasters predict different weather. We never really knew for sure if it would be worth it to get up early and take a long drive to hopefully find surf. So we figured there had to be an easier way. ... That's how



Climendo was born.

How does the app work?

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CULTURE

Talking point

RDJ: Hollywood's top earner

Leading the Avengers is clearly good for your balance sheet, as "Iron Man" star Robert Downey Jr. has topped Forbes magazine's list of Hollywood's highest-earning actors for the second year running, taking home an estimated \$75 million between June 2013 and June 2014. Not too shabby. Dwayne "The Rock" Johnson comes in second with a cool \$52 million, and Bradley Cooper — joining Downey's Marvel universe next month in "Guardians of the Galaxy" — takes third with \$46 million. Leonardo DiCaprio (\$39 million) and "Thor" star Chris Hemsworth (\$37 million) round out the Top 5.



THE WORD

Ned Ehrbar takes on the world of gossip.

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Rest in peace, George.

FLAVORFULADVENTURES.WORDPRESS.COM

A Beatles landmark destroyed by beetles

The world has a sick sense of humor sometimes. Case in point: George Harrison's memorial, planted 10 years ago in L.A.'s Griffith Park to honor the late Beatle. The pine, which had grown to more than 10 feet tall by last year, has been felled by beetles. Los Angeles city councilman Tom LaBonge tells the L.A. Times that the living memorial to Harrison had fallen victim to "bark beetles and ladybug beetles, among other tree-unfriendly creatures." But at least there are plans to plant a replacement. Let's just hope the hungry insects haven't set their little beetle eyes on Strawberry Fields next.



George Harrison is seen in his pretty youth. / GETTY IMAGES



Emma Stone won't leave her "Magic in the Moonlight" star alone.
GETTY IMAGES

Stone live-texted 'Bridget Jones' to Firth

It turns out being pals with Emma Stone can get kind of annoying, especially if you're a film star. Her "Magic in the Moonlight" co-star, Colin Firth, says his mobile was blowing up while Stone watched his 2004 film "Bridget Jones: the Edge of Reason" because the actress decided to live-text the plot to him. "She's talking through my back catalog via text," Firth

tells the Daily Beast of the experience. "I might decide to not revisit stuff in the past, and then you get a good friend saying, 'Oh, when you were doing this you had this and that expression on your face.'" Stone, for her part, totally cops to the text barrage, but seems to have no remorse. "You were very upset with me, if I remember correctly," she tells Firth.

Efron's curious walk of shame

Zac Efron and Michelle Rodriguez's summer fling seems to be going strong, as the "Neighbors" star was spotted leaving the "Fast and the Furious" actress's home on a recent morning, overnight bag in hand, according to E! News. The pair were reportedly living it up the night before at the Chateau Marmont with some pals, including Robert Pattinson. But Efron's overnight bag wasn't his only interesting accessory during his walk of shame: He also carried a skateboard and donned a jacket with a ferocious tiger on the back.



3



"Manhattan" premieres July 27 at 9 p.m. / GREG PETERS

'Manhattan' in the desert

Interview. Olivia Williams turns botanist in a show about one of the more secretive periods of American history — the Manhattan Project.

For a certain group of indie movie lovers, Olivia Williams will always be Rosemary Cross, the perpetually out-of-reach object of affection for Jason Schwartzman's Max Fischer in "Rushmore," the movie that launched Wes Anderson's career. But Williams doesn't mind. "I love that film," she says. "I still get the best fan encounters with 'Rushmore' fans and the best job offers, frankly. The only time I get offered a job without having to audition is from someone who loved 'Rushmore.' I thank Wes Anderson for that job every day, I think."

Her latest project is decidedly less whimsical. She plays Liza Winter, the wife of a physicist working on the Manhattan Project on WGN America's "Manhattan." The show is shot on a reconstructed version of the historic research base in New Mexico. Because of the name, Williams jokes, "I was planning on spending five months in New York. It was a bit of a rude shock to realize it would be five months in New Mexico."

Williams had some trepidation about heading

out to the desert for the show. "To me, as an English person with rolling hills and Wordsworth, a desert is a negative term. But I have to say after five months here, it's intensely beautiful," she says. On the other hand, filming in an actual desert does come with some practical concerns. "Keeping your eyes open and trying to act any emotion other than being pissed off in a dust storm is very, very hard."

It's not Williams' first role in this era. She played Eleanor Roosevelt in 2012's "Hyde Park on Hudson" alongside "Rushmore" co-star Bill Murray, and joked that she could borrow the accent work. Liza has a Ph.D. in botany, and puts her career on hold to support her husband's physics career. "Eleanor represented a highly educated group of women who made their husbands' lives a misery if they disagreed with their political views. I think Liza is an honorable member of that," laughs Williams.

Liza's botany background does come in handy on the show as she notices oddities in the plant life in town, no doubt caused by radiation. "I think she's a sort of tropic figure, you know. She's Cassandra. She has the gift of prophecy, but the curse of never being believed," says Williams.

Career choices

Marriage of equals

Liza's life on the base might be very different from a modern woman's, but holding off on your own career while your partner pursues an opportunity remains common. Williams says Liza may have agreed to the move to help her husband pursue "his greatest career opportunity," but she may now be "beginning to rethink that decision."



WILLIAMS' CHARACTER FINDS HERSELF QUESTIONING HER CHOICE TO PUT ASIDE HER OWN CAREER.

GETTY IMAGES



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07-Aug	WORKOUT WITH JOE DESENA , NEW YORK TIMES BESTSELLER & CO-FOUNDER OF THE SPARTAN RACE
11-Aug	LES MILLS BODYSTEP WITH MARK NU'U , LES MILLS PROGRAM DIRECTOR
12-Aug	LES MILLS CXWORX WITH MARK NU'U , LES MILLS PROGRAM DIRECTOR
13-Aug	LES MILLS BODYCOMBAT WITH RACHAEL NEWSHAM , LES MILLS PROGRAM DIRECTOR
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TV watch list



WHAT DO YOU THINK THEY'LL LEARN ABOUT HER HISTORY? / GETTY IMAGES

DOCUMENTARY

'Who Do You Think You Are?'

Cynthia Nixon is the celeb learning about her family history in this episode, and apparently, there is a murder mystery in the Nixon family.
9 P.M., TLC

COMEDY


'The Daily Show with Jon Stewart'

Your favorite man on the internet, George Takei, stops by to talk to Jon Stewart. **11 P.M., COMEDY**
LISA WEIDENFELD

www.metro.us
Wednesday, July 23, 2014

FILM & TELEVISION 18

DEATH TALK WITH ALLEN



Woody Allen directs Emma Stone, left, and Colin Firth, right, on the set of "Magic in the Moonlight." / SONY PICTURES CLASSICS

Happy thoughts. Let Woody Allen brighten your day by going on and on about the meaninglessness of life.

Woody Allen doesn't do press very often, and it would seem obvious — given the last several months — that he would keep that up for his latest, "Magic in the Moonlight," a romantic comedy star-

ring Colin Firth and Emma Stone. And yet he did a press conference anyway. Of course, only one journalist has the nerve to even hint — and only hint — at the Dylan Farrow controversy. Allen, of course, avoids it by talking about escaping reality in general.

"I've been escaping my whole life," Allen responds. "Since I was a child I escaped by sitting at the movies all day long. Then when I got older I escaped into the world of unreality by making movies. Each year for my whole life, I've

been living in a bubble. And I like it."

He doesn't avoid everything. Any chance to sound off on his grim view of a godless universe is one he takes. What follows are the most hilariously downer bits from the subject that eventually came to dominate the interview room.

1 "I firmly believe — and I don't say this as a criticism — that life is meaningless. ... Someone may come up with proof or some example of how it's not, but I think

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Going 'Bananas'

Why he directs

Allen says he never wanted to be a director. "When I started directing films, I was only directing to protect my own jokes. 'Take the Money and Run' and 'Bananas,' they were just jokes, one after another," he explains. "I had made a film called 'What's New, Pussycat?' which I was just the writer of, and I had



Woody Allen actually did press for his latest film, "Magic in the Moonlight."

given them a lot of good jokes, and they ruined one after the other. I vowed I would never do a film unless I directed it, just to protect the jokes. I had no interest in being a director.

"Over the years I've become pretentious and grandiose, and I see myself wearing a different suit now," Allen says. "I make a fool of myself more frequently."



Visit **Metro.us** to read more bleak pronouncements from Woody Allen.



MATT PRIGGE
@mattprigge
matt.prigge@metro.us

it is. I think it's a lot of sound and fury signifying nothing."

2 "Every 100 years there's a big flush, and everybody in the world [that was once there] is gone. And it's a new group of people, and then they get flushed. This goes on and on interminably, to no particular end, and for no rhyme or reason."

3 "The universe, as you know from the best physicists, is coming apart, and eventually there will be nothing, absolutely nothing. All the great works of Shakespeare and Beethoven and Da Vinci — all that will be gone. It won't happen for a long time, but it will be shorter than you think, because the sun is going to burn out much sooner than the universe does."

4 "I feel the grimmest facts are the real facts. You're born, you die, you suffer, there's no purpose and then you're gone forever and ever and ever, and that's it. Facing that massive, overwhelming, bleak reality, to find a reason to cope with that, I think, is the artist's job."

5 "What I would recommend — this is the solution I've come up with — is distraction. That's all you can do. You get up, you get distracted by your love life, by a baseball game, by movies, by worrying about whether my kid can get into private school, if this girl will go out with me Saturday night, can I think of an ending for the third act of my play, will I get the promotion in my office. But in the end, the universe burns out. My characters portray this feeling. Have a good weekend."

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'Academia Nuts'

1 Four-time Drama Desk nominee Jennifer Simard takes no prisoners as the fiercely born-again mother and diabolical coach of brainy quiz bowl competitors in "Academia Nuts." She sees NYMF as a place where artists get a "free

pass," i.e., they don't have to worry about awards and reviews. Instead they have a "wonderful opportunity to create art, enjoying theater at its most basic level." Shows are in various stages of development, some embryonic and some

working out their final kinks. "Nuts," deservedly generating positive buzz, would be in the latter category. A very funny tale of cutthroat academic/quiz show competitiveness, it's pretty much in fighting shape as it is.

"Academia Nuts" is one of three shows playing at various theaters along W. 42nd St. through July 27 at the New York Musical Theatre Festival. For more information, go to www.nymf.org. / MICAH JOEL

Peeks into the NYMF

'Cloned'

2 "Cloned," which had a reading last year and is enjoying a full production this year, is another show to watch. The energetic Alex Goley plays a prodigious young scientist who inadvertently creates a cloning machine. It's full of intrigue and

confusion as well as a surprise visit to Sharon Stone's California home. Executive producer Heather Shields extols the value of a diverse live audience; show creators can see "which jokes never hit and which lines are never understood" and adjust accordingly.

Preview. The annual New York Musical Theatre Festival ends Sunday, but there's still time to catch some of these hot new shows.

MICHAEL BRACKEN
@metronewyork
letters@metro.us

Readings, concerts, special events: The New York Musical Theatre Festival has them all. But it's the staged productions most people come to see. They're hoping they'll discover the new "Next to Normal," which went from the NYMF (the "T" presumably dropped for euphonic reasons) all the way to Broadway. These three previews are just a sampling of what you'll find scheduled for the rest of this week.

'Searching for Romeo'

3 "Searching for Romeo" takes a "Rosencrantz and Guildenstern" approach to "Romeo and Juliet." The light romantic comedy focuses on Rosaline, Romeo's pre-Juliet squeeze. She realizes Romeo is a playboy and falls for Juliet's be-

trothed, Paris. Wordplay approaches overkill but stays surprisingly entertaining. Friar Lawrence is a druggie and Paris' mom a conniver. Funny and driven by a clever conceit, "Searching" nonetheless smacks of high school and needs to grow up a bit.

"Searching for Romeo" needs a little more work. / PICASA

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Where to find craft beers on the cheap

Craft beers can be pricey, but there are a few bars I visit to discover new breweries at a decent price. All of these bars change taps often and offer tasting nights from visiting breweries.

Rattle n Hum

14 E. 33rd St.: This bar has 40 beers on tap and delicious burgers. They have the best Thai chili wings (\$10) I've ever had. Brunch is \$12.95 and includes a free mimosa or Bloody Mary. Score \$5 select drafts, wine and well drinks Monday to Friday from 11 a.m.-7 p.m. It's also a great choice to watch sporting events with plenty of tables and a large bar area.

The Pony Bar

637 10th Ave. and 1444 First Ave.: The Pony Bar has

\$6 craft beers daily from any of their 20 taps and cask selections. From 4:20-5:20 p.m. daily, beers are only \$5. I usually order the veal meatball sandwich (\$10) and the large soft pretzels (\$7). The Hell's Kitchen location is more intimate, while the Upper East Side spot is great for larger groups. They often have breweries that take over their taps.

The Dive Bar

101 W. 75th St., 732 Amsterdam Ave., 2662 Broadway: The three Dive Bars on the Upper West Side offer 20 beers on tap. Domestic drafts start at \$4 and craft beers \$6. From 4-7 p.m. Monday through Friday you'll save \$2 on drafts. They make unbelievable homemade sweet potato chips with cinnamon and cayenne pepper (\$4). They often hold live music and tasting events.



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MONICA DINATALE

Monica DiNatale is a deals expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC available in paperback and e-book.



The Weekly Yelp. Nothing fishy about these picks for ceviche

Ceviche — it's part science experiment, part delectable Latin American treat! Who needs fire when you can enjoy this lovely treat with just fresh fish and lime juice?



Is Manhattan's best ceviche to be found at Desnuda? Certain Yelpers seem to think so. / HECTOR M., YELP

Cevich

21 E. 15th St., Union Square

We've seen the Cronut, the ramen burger, the ramen burrito/ramenrrito — and now NYC ingenuity offers yet another tasty hybrid, the ceviche burrito. A new and interesting spin on ceviche, this small establishment is great for a quick lunch on the go. **ALLEN K.**



Salmon ceviche: very good and delicate. Tuna ceviche: wonderful, spiced just right. Truly memorable. **GIACOMO C.**

La Cerveceria

65 2nd Ave., East Village

Fluke ceviche: mmm, citrus goodness. The fluke was fresh and there were all these nuts and kernels of corn I never tasted before! Definitely a must-try! **CHRIS C.**



La Pupleria

371 W. 46 St., Theater District

I am still thinking about how good the scallop ceviche was. **ARI A.**



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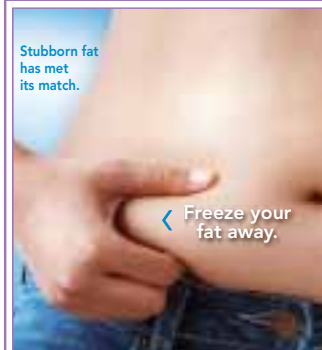


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To make the process even easier, Mead used Wagner's Flexio paint sprayer for the project. "It's great because it's such a fine mist that you can easily blend in the colors," he says.

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DIY. Matthew Mead says skip the wallpaper and create an ombre accent wall instead.

Wallpaper costs a fortune. Matthew Mead, stylist and co-editor of Backyard Style magazine gets creative with Wagner Spray Tech and shows us how a little spray paint goes a long way when it comes to decorating your home.

Ombre is trending

The ombre effect is one of the hottest trends right now when it comes to interior design, Mead says. "It's a way to make a statement — almost like having a piece of art." While the trend — like on those popular

pastel wedding cakes or Giambattista Valli's recent couture skirts — looks incredibly intricate, Mead assures us the effect is easy to create. Here's how:

1 "Start by picking three colors," says the stylist. "One way to foolproof it is to look at paint chips that are already gradient in color so you can start with the darkest one and move up two steps."

2 "Coat the wall with the lightest tone first. Then paint from the bottom with the dark tone, and at last use the medium tone," says Mead. "Divide the wall into three different areas before you start painting, so you know where to start and stop."

LASSE E. KRISTIANSEN
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Tips

Choosing a color

"I love Benjamin Moore paint, and I take the color chips with me and look for things that go with it."

Start small

If you're nervous about doing a whole wall, Mead says, "You can [create the effect] on anything — furniture, room screens or giant canvases." He looks for cheap finds in flea markets.

"Do ombre on a plain birdcage [that's] just a supporting role in your decor, and it now has a starring role," he says.



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The most expensive property this week is a penthouse at 145 Hudson St. This 7,500-square-foot duplex has 22-foot ceilings.

Least expensive

\$225K

The least expensive is a co-op at 325 W. 45th St. The studio offers a kitchenette and closet.

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Real estate. A look at the poshest private pools in Manhattan

Luxury brokers talk of pools within condo units or townhouses as the ultimate "wow" factor in space-starved Manhattan, where something as simple as a breakfast alcove is considered real estate gold.

Right now, there are

about 10 townhouses and condos in the entire borough with pools; the number is difficult to pin down because of, well, the private nature of private pools. Here, we've highlighted some of the city's swankiest ones — some of which are ripe for the taking (or, at least, renting).

TOM ACITELLI



Take a work break



Go from the home office right to this pool. /PROVIDED

214 Lafayette St.

Current rent: \$80,000
Looking for some easy stress relief? This converted power substation — dating to the 19th century — has a 480-square-foot indoor pool right next to the home office. It's added an unmitigated "wow" factor to this five-story townhouse, which has hosted countless private parties as well as video shoots for John Mayer and Beyonce. A new tenant

moved in for the summer at the end of May and agreed to pay the asking rent of \$80,000 a month for the 13,000-square-foot spread on the Nolita-Little Italy border. The home will be available again Sept. 1. "The reaction is always incredible when they see the pool," Steve Halpern, the broker with Urban Compass who has the listing, said in an email. "The joke is always 'Too bad I didn't bring my bathing suit.'"

The dream

551 West 21st St., Penthouse

Asking price: \$50 million

The nearly 62-foot-long, 9.5-foot-wide lap pool has been up for grabs since early May, when it officially went on the market as part of the 6,200-square-foot, floor-through penthouse designed by Norman Foster and developed by Scott Resnick. It's part of a three-sided, 4,500-square-foot outdoor space with dictatorial views of the Hudson River and Northern Jersey.

Spa appeal

60 Collister St.

Asking price: \$18.95 million

The luxurious 44-foot-long pool on the lowest level of this approximately 9,300-square-foot triplex is surrounded by and is made of marble. This in-residence spa also boasts a sauna and a steam room.

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Vent

Device: iOS (Android coming soon)

Price: Free

Emotions. We all have them (so I hear). The thing is, we don't always feel comfortable letting friends and family know about them, particularly if we are just annoyed at something stupid. That's where this new app Vent

comes in, allowing you to, uh, vent anonymously to the Western sprawl that is the Internet.

Vent is a social network of sorts, built around complaining. You can make your profile as anonymous as you like, and there's even a search function that filters via emotion. As it is es-

entially a social network, you can follow people who vent in ways that appeal to you. The whole thing is strangely addictive. Now, of course, the app can't promise you'll feel better after whining about the 45 minutes you just wasted in line at the pharmacy, but hey, it's worth a try.

LAWRENCE BONK

NEED TO COMPLAIN?
DO IT ON VENT,
A NEW APP.

VENT



THE ULTIMATE LUXURY



This could (though probably won't be) your view. / PROVIDED

Waterfall included

45 E. 74th St.

Asking price: \$26 million

The approximately 9,000-square-foot townhouse boasts two soaking spots: a hot tub with Bisazza Mosaico glass tiles on the roof and, in the lower level, a 435-square-foot salt-water pool that's adorned with a skylight-illuminated water wall.

The five-bedroom, 7.5-bathroom home



This is only this spot's second pool. / PROVIDED

dates back to 1879 and was redone in the Italian Renaissance style by its sellers, a group of Italian investors. There are modern flourishes as well, including

hand-crafted bronze and leather banisters, a marble facade and state-of-the-art kitchen. Plus, there's a wine cellar as well as a portico at the entrance.



The Jacuzzi (left) isn't much smaller than the adjacent pool. / PROVIDED

Double the fun

51 Walker St.

Asking price: \$4.675 million

This 50-foot-wide Tribeca townhouse boasts some serious swagger in its outdoor space: The 1,574-square-foot terrace and garden has a 25-square-foot Jacuzzi, plus a pool that's larger than 300 square feet.

Take laps

40 Mercer St.

Asking price: \$13.995 million

No need to use the communal pool in this SoHo condo: The approximately 380-square-foot side terrace of Penthouse 7 holds a more than

84-square-foot lap pool-slash-Jacuzzi. It's located just off the kitchen and the study.

The 3,006-square-foot eight-room penthouse, with three bedrooms and three and a half bathrooms, has an asking price of \$13.995 million.



Take a break from SoHo life. / PROVIDED

Coming up

522 W. 29th St.

Asking price: TBA

This planned condo development, dubbed the Soori High Line because of its proximity to Chelsea's super-hip elevated park, will more than double the number of private pools in NYC.

Of the 27 luxury condos in the 11-story building, 16 will have heated outdoor pools. While asking prices are not yet available, we now know the dimensions of the pools: lengths from 23 to 25 feet, widths from 7 to 9 feet, and each will be 4-feet deep.

THE 'TOO MANY CORDS' PROBLEM



HUB IT CREATES A NERVE CENTER FOR YOUR TOO MANY PLUGS. EGGTRONIC

Besides that pesky NSA spying on us, the only downside of owning gobs of gadgets is that anxiety-inducing tangle of cables and cords. They are everywhere, and they make me want to die. There's gotta be a better way to handle all of these chargers, right? There just might be. Here are two new gadgets to help you keep the cords of your gadgets in check:

Plug Hub

\$24, Quirky

Plug Hub is the perfect solution if desk-based cord clutter has got you down in the dumps. You slide a surge protector in the bottom, wrap all of your cords around three anchors and shut the dang thing and forget

about it. To all of the world it'll look like your cords disappear into this mysterious white box, never to be heard from again.

How does it work? It's such a simple design, it'd be hard to screw up. It does its job. At the end of the day, this is just a box with holes in it, but the price is right, and it's not as if you are going to build this on your own. We both know that.

HUB IT

\$80, Eggtronic

The HUB IT offers a fairly elegant and simple solution to that age-old "too many cords" problem. Essentially, as the name indicates, it's a sleek black hub and you plug all of your devices

into it. The cables are fully retractable, sliding out of sight when not in use. "Out of sight, out of mind," a wise procrastinator once said.

The unit comes with a series of chargers built in that handle any iOS device or Android device, as well as anything that charges via USB or micro-USB. If you own any gadgets that aren't serviced out of the box, you can buy adaptors that usually run \$8. What can I say? It works. It made my room just a tiny bit more sane. The design is still a tad, for lack of a better word, clunky but the service it provides far outweighs any petty grievances.



SIDESCROLLER
LAWRENCE BONK
lawrence.bonk@metro.us

One more debt you don't want

Zzz. Sleep debt is harmful — but are naps the answer?

As a new mom with a demanding career, Kristen Perullo was up every couple hours during the night with her baby. Her schedule of sleeping only for short periods, parenting and putting in full days at the office was taking its toll. But when she was struck with what she calls the “worst headache of her life” at work one day, she knew something was terribly wrong.

“I didn’t want to make a big deal about it,” Perullo says. “So I got up and went to the ER.”

The news wasn’t good. Perullo’s immune system was so severely weakened

Tips

The CDC offers the following tips for better sleep:

- Try to maintain a schedule of going to bed and getting up at the same time each day — even on the weekends!
- Your bedroom should be a quiet, dark and relaxing environment kept at a moderate temperature.
- Keep your bedroom separate from the rest of your life. Avoid reading, watching TV or listening to music, and keep out any gadgets like cell phones or laptops.
- Don’t eat large meals before going to bed.

by sleep deprivation that she had contracted viral meningitis.

Perullo is just one of the 70 million Americans who suffers from sleeping disorders. This deprivation, known as sleep debt, can cause damage that’s much more severe than needing a couple extra shots of espresso in your latte.

The Centers for Disease Control and Prevention recently declared Americans’ lack of sleep an epidemic; it’s so damaging that it can cause health problems including high blood pressure and diabetes. And while many people say that a power nap recharges them, a new study shows catching just a few Z’s may not help in the long run.

MEGAN JOHNSON
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letters@metro.us



Your sleep debt damages your health more than you might think. / WAVEBREAK MEDIA

Con

The case against naps

Scientists at the University of Pennsylvania found that lack of sleep kills brain cells. By studying sleep deprivation in mice, researchers discovered that prolonged wakefulness damages a type of neuron known as LCns, or locus ceruleus.

The study’s lead author, Dr. Sigrid Veasey, says catching a few hours of extra sleep may feel beneficial, but it’s still not enough to catch up on long-term sleep debt: “Our work suggests that in the long run, regular use of weekend catch-up sleep may not lead to a full recovery for the brain. These are changes that are either irreversible or take longer than a nap to remedy.”

Pro

The case for naps

The secret weapon of Northwestern University’s football team isn’t extra practice or strategy sessions. Last year, the Chicago Tribune reported that players wore sensors that monitored the amount of sleep they got, as well as its quality level. By enacting mandatory nap time for his players, the coach saw improvements in performance.

And this practice isn’t just utilized by students. For major companies such as Cisco, the Huffington Post and Google, napping has become an accepted part of work life.

Justin Lee, a Ph.D. candidate in a joint Harvard-MIT program, is a frequent napper working to eliminate the groggy feeling you get when you’re awakened from



NAPWELL / PROVIDED

a deep sleep, known as sleep inertia. “When you sleep, there are different phases,” he says. “It’s lighter, then deeper, then light again. ... But if you wake up abruptly in a deep stage, you get sleep inertia.”

Lee is the inventor of Napwell, a sleep inertia mask that mimics a sunrise, waking you up gradually. “Naps can boost your productivity throughout the day,” says Lee, who hopes to start selling the Napwell this fall. “Even if you’re well rested, they’re really good for you.”

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This week in health news



The cast of "Project Runway All Stars," including designer Isaac Mizrahi, left, and Alyssa Milano, second from left, ring the Nasdaq closing bell on Monday. When it comes to short-term gains versus long-term rewards, like investing in the stock market, being grateful for what you've already achieved could help you make better financial decisions. / GETTY IMAGES

Brain chip to restore memory in the works

Results: The Defense Advanced Research Projects Agency – whose projects have included creating the Internet – is researching an implantable brain chip to help restore memory. The technology has specific potential for military service members, veterans and others affected by traumatic brain injury. UCLA and the University of Pennsylvania have been selected to carry out different aspects of DARPA's Restoring Active Memory program. Researchers are aiming to develop and test implantable, wireless devices to essentially bridge the gaps that interfere with the ability to recall old memories and encode new ones.

Significance: For people who have suffered a traumatic brain

injury, the ability to recall memories can be directly impacted. Even simple tasks like a trip to the supermarket can prove difficult. An implantable chip could be a game changer as there are currently no targeted treatments to restore memory function.

Testicular cancer rates up among Hispanic youth

Results: Cases of testicular cancer have increased by 58 percent among young Hispanic Americans, according to a new analysis that spans almost two decades. During the same time period, an increase of just 7 percent was recorded in non-Hispanic white teens and young adults. An explanation remains unclear.

Significance: Researchers say

a variety of factors might be at play. In general, men with a family or personal history with the disease are inherently at greater risk, as are men whose testes have not descended. Taller people also seem more likely to develop testicular cancer. "It turns out that in the past 30 years, the height of Mexican-American boys has increased to a much greater degree than heights in either the white population or the black population," said Dr. Rebecca Johnson of Seattle Children's Hospital. Increased marijuana use has also been associated with the new statistics.

Content provided by ZipTrials.us, a trusted source for health news and clinical trial registration

ZipTrials.us
Research. Metro

Finances

Gratitude increases patience

Results: A team of researchers assessed impatience by requiring participants to choose between instant gratification or future monetary rewards. Would you rather have \$54 right now? Or \$80 next month? To see how mind-set impacted decision-making, participants wrote about an event that made them feel either grateful, happy or neutral. The happy or neutral group took the immediate payout. However, grateful people were more likely to hold off.

Significance: A simple gratitude exercise may help curb impulse spending. "Momentary experiences of gratitude were enough to increase financial patience by 12 percent," said David DeSteno of Northeastern University. "This suggests that gratitude could enhance savings behavior and self-control."

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- The side of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight - they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
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Horoscope

♌ Leo | July 23-Aug. 22.
You will regret an emotional outburst. If someone you care about is upsetting you, remain calm.

♍ Virgo | Aug. 23-Sept. 22.
Make sure to maintain good health. Stick to a nutritional diet. Acquaint yourself with fitness plans, and get active with a positive challenge.

♎ Libra | Sept. 23-Oct. 22.
You will gain a lot of pleasure and satisfaction from a cultural or artistic hobby. Indulge your creative needs. Choose a project that excites you.

♏ Scorpio | Oct. 23-Nov. 21.
Indulge in activities that can boost your confidence. Consider a day trip to an interesting destination. Domestic tension is best left alone for now.

♐ Sagittarius | Nov. 22-Dec. 21.
Make travel plans, or set your sights on another adventure. Get together with an old friend and share memories.

♑ Capricorn | Dec. 22-Jan. 20.
Devise a firm plan that will ensure a brighter future. You will be clear-headed, allowing you to hone your skills.

♒ Aquarius | Jan. 21-Feb. 18.
Entertainment and friendly gatherings should highlight your day. You will inspire others and be inspired yourself.

♓ Pisces | Feb. 19-March 20.
Your vivid imagination will lead to many possibilities and interesting pursuits. Write down any ideas that come to you. Decide the best route to take.

♈ Aries | March 21-April 20.
Show your leadership abilities. Your contributions will bring great respect. A romantic relationship will enhance your personal life.

♉ Taurus | April 21-May 21.
You may feel that your goals are out of reach, but that doesn't mean you should give up. Address your game plan.

♊ Gemini | May 22-June 20.
You'll attract attention with your personal philosophy. Present a confident attitude. Your dreams will come to pass if you forge ahead with ingenuity.

♋ Cancer | June 21-July 22.
Do a good deed by offering your knowledge. Review your papers to ensure that nothing has been overlooked. **BERNICE BEDE OSOL**

Sudoku: Easy and hard

				8				3
	9	5	3			4	8	
				5	1	4		2
	2		7				1	
		9				3		
	3				5		9	
3			4	6	9			
	8	6			1	7	5	
2				5				

1				3	2		8	
		8						1
	7			8		4	6	
	4		6			1	7	
3								4
	2	1			3		5	
	3	6		7			8	
1						2		
		2		3	5			6

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Santa —, California
- 6 Feline response
- 10 Agreement
- 14 Honey factories
- 15 Drama prize
- 16 — St. Vincent Millay
- 17 Fields
- 18 Tigger's pal
- 19 Loud noises
- 20 Keep going
- 22 Four Corners state
- 23 Absorbed
- 24 Eyebrow shape
- 26 Driving force
- 30 Lunar features
- 34 Valleys
- 35 Doctor's advice
- 36 Scribble down
- 37 Arab VIP
- 38 Check endorser
- 40 Brief note
- 41 Vigoda or Fortas
- 42 Fingerprint, maybe
- 43 More congenial
- 46 Pretty beetle
- 46 Ghost
- 48 Dangerous curve
- 49 German industrial region
- 50 Kind of pickle
- 53 Flower with "jaws"
- 59 Cruel
- 60 Davenport's state

Down

- 61 Breathing
- 62 Hunter's garb
- 63 CFL's — Cup
- 64 Potato
- 65 Was in the loop
- 66 Zip
- 67 Revise
- 1 Roughen from cold
- 2 Onetime Trevi Fountain coins
- 3 Swear
- 4 Gather in, as crops
- 5 Maintains
- 6 Infield flies (hyph.)
- 7 "Lusitania" sinker (hyph.)
- 8 Uprising
- 9 Practice
- 10 Subtract
- 11 Shorten an article
- 12 Freud's daughter
- 13 Mascara target
- 21 Frat letter
- 25 Hamelin pest
- 26 Best possible
- 27 Deadly snake
- 28 Worked at a trade
- 29 Poetic adverb
- 30 So-so grade
- 31 Bounce
- 32 Bard's teen
- 33 Attack, as a castle



Yesterday's answer



Letters

War crimes committed

There is information surfacing that the Russian military aided rebels with the missile that obliterated the Malaysia Airline Flight 17. Meanwhile, Russian President Vladimir Putin denies the accusations. Yet the world cries out for answers and justice, now that 80 children were murdered of the 298 on board. Added to all that the Ukrainian rebels have been reported to have desecrated the bodies and who have robbed the victims of valuables. In my view, war crimes have been committed. All those involved need to be summoned and that trail goes all the way to the Kremlin and President Putin. These acts are crimes against humanity. **FREDERICK R. BEDELL JR., VIA EMAIL**

Letter writer right about president

Re: 'Obama to blame' (Metro, July 22) Kudos to letter writer Kevin Metz. He states the facts as they are, which is amazing, because nobody can seem to do that in this horrible country of ours, which our beloved politicians are ruining. My thoughts exactly about how these countries have been in this kind of turmoil for years and now why all of a sudden is this influx happening. There is an answer: OBAMA. **JULIA LEEZ, VIA EMAIL**

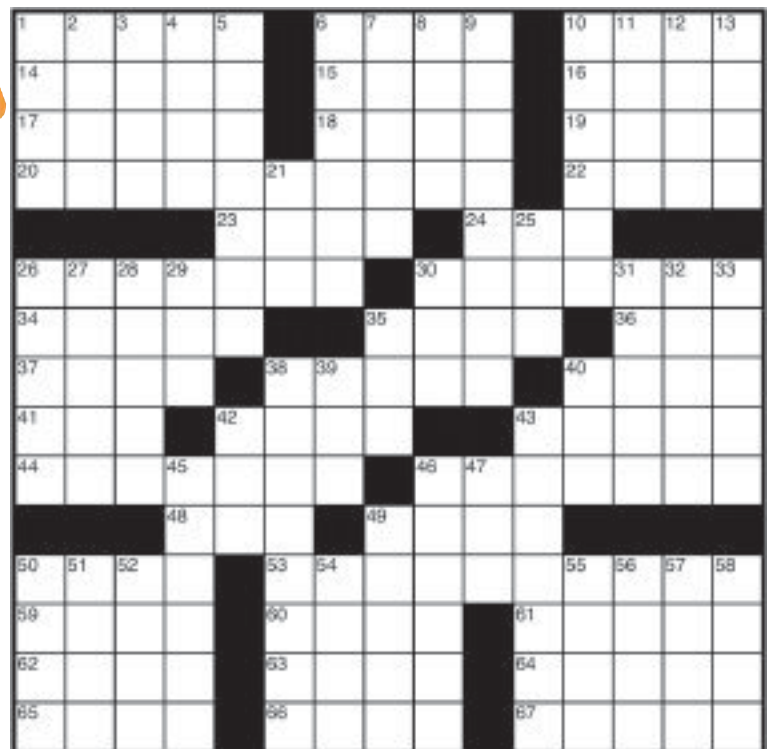
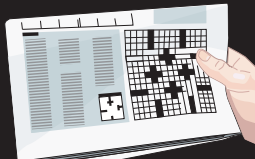
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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



3 Storylines to watch at Jets training camp

NFL. The Jets open a season with heightened expectations.

Jets head coach Rex Ryan might be in for an even tougher job in 2014 after what was arguably his greatest coaching job ever last season.

Expectations are raised with the bulk of his defense returning, some additions to a bland offense and 12 draft picks adding depth on the both sides of the ball.

The Jets could be a playoff team this year, even with a difficult schedule and a rapidly improving AFC East. And while Ryan dodged perceived doom last year by coaching his team into playoff contention in December, the Jets have to make the postseason this year.

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VICK HAS LITTLE CHANCE TO WIN THE STARTING JOB.
ALL PHOTOS GETTY IMAGES

QB "battle"

Starting quarterback is Geno Smith's job — not to lose — it's just his job, period. Even as management has used the "competition" mantra across the board over the past year, it clearly won't apply to the most important position on the field. Veteran Michael Vick appears to have

been brought in solely to mentor Smith — a head-scratcher given his experience in the West Coast offense. But no matter how well Vick might play or how poorly Smith does, it won't matter much.

Smith will be the starter in preseason and come Week 1 despite what might unfold in training camp. This isn't Debbie Downer talk, it's just reality. Smith is the starter here and there is no QB battle.



WINTERS COULD BE KEY THIS SEASON.

Guarded concern

Rookie Brian Winters had struggles when slotted into the starting left guard job midseason. While he improved some, he still has shortcomings, including short arms which leads to problems against the rush. With veteran right guard Willie Colon recovering from offseason knee surgery, there is precious little depth at either guard position.

Rookie Oday Aboushi was on the 53-man roster last season but wasn't active for any games. He re-worked his body in the offseason but needs to prove he can play guard.

On the nose

Last year's defense was very good, in large part to the work done by Damon Harrison and Kenrick Ellis at nose tackle.

Harrison stepped up as an undrafted rookie free agent in 2012 to play a major role the next season along the defensive line. Ellis, now entering his fourth year in the league, took major steps forward in his development.

It's understandable that edge players Muhammad Wilkerson and Sheldon Richardson stole a lot of their thunder, but they relied on the tackles.

If Ellis and Harrison continue their development — particularly Ellis who made huge strides physically last year — the Jets could have two young anchors for their line who are both selfless, team players.



ELLIS PLAYED REMARKABLY CONSISTENT FOOTBALL OVER 16 GAMES LAST SEASON.

Going camping

McAdoo makes even Coughlin excited to learn

Giants head coach Tom Coughlin is a football sage, having spent a decade in the coaching ranks. But even he feels he has a lot to learn about offensive coordinator Ben McAdoo's new offense, which makes the veteran coach very excited.

"I like that part of it,

because I have to study it, too," Coughlin said. "The difference is the language; it's foreign. And when that's the case, it's exciting and new, because simply put, in our previous offense, what we tried to do was taper down the verbiage. But with this offense, there's a lot of verbiage. That's the issue that keeps us all on our toes."

Quarterback Eli Manning, who is trying to



Eli Manning is learning a new offense for the first time after spending a decade under Kevin Gilbride. / GETTY IMAGES

learn a new offense for the first time in his 11-year career, admitted he was "a little excited, energized and a little nervous."

"That's a good thing," said Coughlin. "That's what all this [change] was done for. We're excited about studying and getting back at it. That's a good response to be uncomfortable [because] we don't want anyone around here to be comfortable."

TONY WILLIAMS

SPORTS



Making moves

Yankees deal for Headley

Chase Headley is headed to the Bronx. The Yankees traded Yangervis Solarte and minor league pitcher Rafael De Paula for the San Diego third baseman Tuesday afternoon. Headley, 30, was struggling this season for the Padres, hitting just .229 with seven homers, but is just two years removed from hitting 31 home runs and finishing fifth in the NL MVP. He is a free agent at the end of the season.

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